

STRETCHES

standing side stretch



wide legged forward bend



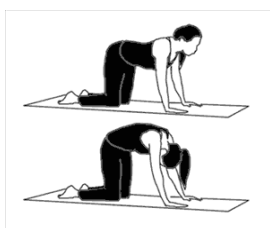
twisting wide legged forward bend



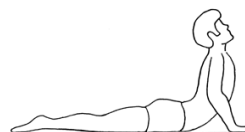
garland pose achilles tendon stretch



cat stretch



cobra



upward dog- hips off ground



downward dog



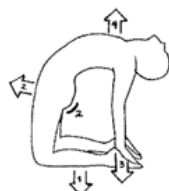
seated spinal twist



fire log



camel



cowface



STRETCHES

pyramid



triangle



revolving triangle
(opposite arm on ground)



runners stretch



lunge pose



pigeon into quad stretch



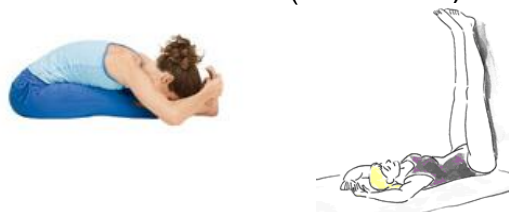
frog



childs pose



seated forward bend (or use wall)



spread leg forward fold



1 legged stretch



glute stretch



reclined big toe into groin stretch

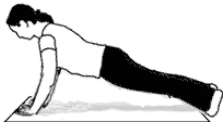


heron



STRENGTH POSES

plank



chaturanga



side angle



prayer twist



crescent
(back heel up)



warrior I



warrior II



reverse warrior



VINYASA sun salutation

THE SUN SALUTATION



1. exhale



2. inhale



3. exhale



4. inhale



5. retain



6. exhale



7. inhale



8. exhale



9. inhale



10. exhale



11. inhale



12. exhale, inhale and begin again at 1

